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Why do **OVER 200**  
Professional Teams &  
University Athletic Programs  
Purchase This Product?

Because it  
**Works**



The New Great Tasting Liquid



**HIGH-POTENCY  
VITAMIN B-12  
SUPPLEMENT**

Life  
Demands  
Every Ounce  
of Energy

**So Give It...!**



VIEW TV SPOT  
click to watch



## Energy for Life.



Many products that claim to enhance physical performance are here today and gone tomorrow. Vitamins and minerals are proven to be the basic foundation of nutritional supplementation.

Vitamins and minerals are the nuts and bolts that make up the framework of our bodies. They are the essential components of its structures and functions, many of which take years to develop to their full capacity. As we begin to feed our bodies vitamins and minerals every day, we nourish it to respond to our personal fitness goals and the challenges of our daily lives.

We challenge you to try  
our **1st STEP** Liquid

Multivitamin and Mineral Supplement over  
your current brand for 30 days. We are  
confident you will experience the same great  
results that many strength coaches, athletes,  
and individuals are enjoying today.

**On the right:** Watch Dr. Oz explain the  
importance of vitamin D and the causes of  
vitamin D deficiency!



**MULTIVITAMIN  
& MINERAL  
SUPPLEMENT**

**FASTER ABSORPTION  
BETTER RETENTION**

The time of taking a single  
nutrient vitamin or mineral  
like Vitamin C or Vitamin E  
is outdated.

Recent studies show  
conclusively that vitamins  
and minerals work together  
in synergy, and if one is  
inadequately supplied, then  
the others cannot work very  
effectively. Multivitamins  
are definitely the way to go.

\*\*The statements on this page  
have not been evaluated by the  
FDA. This product is not intended  
to cure, treat or prevent disease.

